

Lamb Tikka Meatballs

with Garlic Basmati Rice

Discovery

Quick

25 Minutes









Basmati Rice





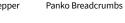




Sweet Bell Pepper



Cashews





Indian Spice Mix



Shallot





Garlic, cloves



Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, medium pot, large bowl, parchment paper, measuring cups, large non-stick pan

Ingredients

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	2 Person	4 Person
Ground Lamb	250 g	500 g
Tikka Sauce	½ cup	1 cup
Basmati Rice	¾ cup	1 ½ cups
Cashews	28 g	56 g
Sweet Bell Pepper	160 g	320 g
Panko Breadcrumbs	1/4 cup	½ cup
Indian Spice Mix	1 tbsp	2 tbsp
Shallot	50 g	100 g
Cream	56 ml	113 ml
Garlic, cloves	2	4
Cilantro	7 g	7 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Make garlic rice

Peel, then mince or grate **garlic**. Heat a medium pot over medium heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **rice** and **half the garlic**. Cook, stirring often, until fragrant, 2-3 min. Add **1** ½ **cups water** and ½ **tsp salt** (dbl both for 4 ppl) and bring to a boil over high heat. Once boiling, reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



Prep

While **rice** cooks, core, then cut **pepper** into ½-inch slices. Peel, then cut **shallot** into ¼-inch pieces. Roughly chop **cilantro**. Roughly chop **cashews**.



Form and bake meatballs

Add lamb, panko, shallots, remaining garlic and half the Indian Spice Mix to a large bowl. Season with salt, then combine. (TIP: If you prefer a firmer meatball, add an egg to the mixture!) Roll mixture into 8 equal-sized meatballs (16 for 4 ppl). Arrange meatballs on a parchment-lined baking sheet. Bake in the middle of the oven until golden-brown and cooked through, 8-10 min.**



Cook peppers

While **meatballs** bake, heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **peppers**. Cook, stirring often, until tender-crisp, 3-4 min. Season with **salt** and **pepper**.



Make tikka sauce

Add remaining Indian Spice Mix to the pan with peppers. Cook, stirring often, until fragrant, 30 sec. Reduce heat to low, then add tikka sauce, cream and ¼ cup water (dbl for 4 ppl). Cook, stirring occasionally, until sauce is warmed through, 2-3 min. Add cooked meatballs to the pan with sauce. Toss to coat.



Finish and serve

Fluff rice with a fork, then stir in 1 tbsp butter (dbl for 4 ppl) and half the cilantro. Divide rice between plates. Top with lamb meatballs and tikka sauce. Sprinkle cashews and remaining cilantro over top.

Dinner Solved!